

## INVENTOR HAS HARDER ARMOR

House Asked for \$9,000,000 to Make New Plate.

To have the government appropriate \$9,000,000 for an armor plate factory of 60,000 tons capacity annually, which will manufacture armor under an invention of Louis Gathmann, with twice the resisting force of present-day plate, is the substance of a resolution introduced in the House by Representative Cary, of Wisconsin, yesterday.

The resolution would further provide \$500,000 for the construction of a caisson in the form of a battleship which would be used to demonstrate the efficacy of the new armor plate.

Gathmann is a Chicago inventor, and has many American patents. Among them are a number for torpedoes and shells, which are now being used both by the allies and Germany.

He claims that his new invention will be demonstrated to be of great value to the government and hopes to prove his contention if the government appropriates the necessary money for a practical experiment.

### NEW YORK HOTEL ARRIVALS.

Special to The Washington Herald.  
New York, July 14.—The following Washingtonians have registered at New York hotels:

Park Avenue—F. D. Annas.  
Grand—V. Blue, W. C. Strong.  
Navarre—K. Fumy, S. S. Ray, Mrs. S. S. Ray, E. Fischer.  
Hermite—W. A. McDowell.  
Van Cortlandt—G. M. Taylor.  
Churchill—J. L. Feeney.  
Algonquin—C. S. Alden.  
Laurelton—W. E. Johnson.  
Aberdeen—L. M. Rojas.  
Marlborough—P. N. Shawkan.

### TRADE REPRESENTATIVES.

Woodward & Lothrop, dry goods, etc.; G. B. White, shoes; 334 Fourth Avenue.  
J. Garknick & Co., C. I. Werner, misers, girls' and infants' wear; Hotel Gotham.

## New Sleeping Car to Philadelphia

VIA BALTIMORE & OHIO

Commencing Sunday, July 16

Pullman Drawing-room Sleeping Cars will be placed in service on midnight trains between Washington, Baltimore and Philadelphia on the following schedules:

Lv. Washington 10:40 P. M.  
Ar. Baltimore, Camden 11:30 P. M.

Car will be taken at once to Mt. Royal Station and placed for occupancy at 11:45 P. M.

Lv. Baltimore, Mt. Royal 1:35 A. M.  
Ar. Philadelphia 3:50 A. M.

Passengers may remain in sleeper at 24th and Chestnut Street Station until 5:00 A. M.

### Returning.

Sleeping car will be placed for occupancy at 24th and Chestnut Street Station at 10:00 P. M.

Lv. Philadelphia 4:15 A. M.  
Ar. Baltimore, Mt. Royal 6:45 A. M.  
Ar. Baltimore, Camden 6:50 A. M.  
Ar. Washington 7:50 A. M.

Secure reservations at any of the following Ticket Offices: 15th Street and New York Avenue, 417 Pennsylvania Avenue and Union Station.

## Church Services Tomorrow

IN WASHINGTON AND ITS VICINITY.

Notices for these columns should reach The Herald office by 9 p. m. Friday.

**EPISCOPAL**  
**ST. JOHN'S CHURCH,** 11th and H Sts.  
Rev. Roland Cotton Smith, D. D., Rector.  
Rev. Edward Slater Duplan, M. A., Vicar.  
Rev. George Williamson Smith, D. D., Rector.  
8 and 11 a. m.

**WASHINGTON CATHEDRAL,**  
Bethlehem Chapel, Mount St. Alban.  
Holy Communion, 7:30 a. m.  
Morning prayer and litany, 8:30 a. m.  
Holy Communion and service, 10:30 a. m.  
People's epistle service and sermon, 4:30 p. m.  
The Dean will preach at 11 a. m. and 4 p. m.

Take Georgetown and Somerset cars.  
**PRESBYTERIAN**  
**Church of the Covenant,** Conn. Avenue, 18th and N Streets.  
Rev. Charles Wood, Minister.  
Rev. Harold C. Warren, Minister's Assistant.  
Rev. Harry Barmore Angell, Minister-in-Charge of Peck Chapel.

11:00 a. m.—Morning service; sermon by the assistant, Christian Endeavor meeting immediately after morning service.  
7:45 p. m.—Music: rendered by Mrs. Brown, harpist; Miss McCoy, contralto; Mr. Levi, organist; Mr. Aldridge, pianist; Mr. May, organist. Sermon by the assistant, singing, "FINISHING THE FURROW."

**Gunton Temple Memorial, 14th & R.**  
Rev. Everett Granger, D. D., pastor.  
Service, 11 a. m. Prayer meeting with Fourth Church in tent, 10th and Fairmont sts., 8 p. m. Thursday.

**METHODIST EPISCOPAL**  
**FOUNDRY** Sixteenth Street, near P Street.  
Rev. W. B. Wedderspoon, D. D., Pastor.  
8:30 a. m.—Sunday school.  
11:00 a. m.—"THE UNFADING TRIUMPH."  
1:00 p. m.—"THE JOYS OF LIFE."  
Visitors welcome.

**CHRISTIAN SCIENCE**  
**FIRST CHURCH OF CHRIST, SCIENTIST,** Columbia Road and Euclid St. Services: Sunday, 11 a. m. and 8 p. m. Subject: "LIFE." Sunday school, 11 a. m. Wednesday evening meeting at 8 o'clock. Public cordially invited. Reading room and loan library, on Colorado Ridge.

**SECOND CHURCH OF CHRIST, SCIENTIST,** 19th and R Sts. N. W. Services: Sunday, 11 a. m. Subject: "LIFE." Sunday school, 11 a. m. Wednesday evening meeting, 8 o'clock. Public cordially invited. Reading room and loan library, on Colorado Ridge.

**THE RIDDLE OF DESTINY**  
A FREE LECTURE BY  
**Irving S. Cooper**  
NATIONAL LECTURER OF THE  
THEOSOPHICAL SOCIETY,  
SUNDAY, 8 P. M., 14th STREET N. W.

## PRACTICAL HEALTH TALKS

**Lillian Whitney, M.D.**  
Dr. Whitney's popular articles on health and beauty subjects in several leading magazines have been attracting marked attention for a number of years. No other writer on similar topics is better equipped for the work. Dr. Whitney has established an enviable reputation as a specialist and is endowed with the ability to make herself easily understood by her readers. She will answer all letters relating to her department as promptly as possible. All letters should be accompanied by a stamped envelope and should be addressed care of this paper.

### How to Strengthen the Eyes.

There is a general tendency to regard the organs of sight as separate and distinct entities, carrying on their existence without "let or hindrance," interference or assistance from the remainder of the body.

Nothing is farther from the truth, for as a matter of fact there are no organs in the system that register conditions so faithfully and that are so fully under its sway as the eyes. Indeed, these marvelous organs are very apt to be the seat of systematic troubles which would otherwise pass unnoticed and, again, there are a number of eye specialists who claim almost every ill to which the eye is heir can be corrected by fitting the eyes with proper lenses. Some of the troubles for which this is claimed are so remote that one gasps, but, then, nothing big is ever conceived or achieved without exaggeration and what is chronically obscure like vision must before the morning sun after specially prescribed glasses, one realizes how deeply involved with the body economy the eyes really are.

The emotions affect vision painfully. Violent affections, great passions, long-continued grief and care cause a diminution of eyesight. Extreme terror has induced blindness. It is well known that violent anger lessens the keenness of vision to a marked degree.

Those who are in good health and not forced to use their eyes for working purposes rarely suffer from discomforts of these organs because ordinary vision is a passive sensation requiring no effort and really represents rest; if the sight is normal it is not more exhausting than breathing, whereas near vision demands muscular exertion of the eye muscles and requires effort. The question is often asked, "Can the muscles of the eye be strengthened by massage and ocular gymnastics?" Physicians do not advocate such procedures because of the extreme delicacy and sensitiveness of the eyes. Cold water acts as a tonic to other tissues and cold slightly salt water affusions have the same effect on the eyes.

Just as other muscles in the body are strengthened by judicious exercise, so must also those of the eye respond if these exercises are carried out with due regard to the limitation of the eye muscles. A safe method to follow in eye gymnastics is to place a dark object upon the wall on a straight line of vision. Focus the eyes upon it, then raise them slightly above it, then slightly below it, gradually raise and lower them an inch or two more short of fatigue which limits their present capacity. Increase until the extreme extent to which the eyes can be raised and lowered is reached. Now place a dark object about twelve inches to right and the same distance to left of center object; allow the eyes to travel slowly from center to left and back and repeat to right. Stop short of fatigue. As the strength of the muscles increases, increase the distance between objects and center until the extreme lateral capacity of the eye muscles is reached.

Follow these exercises by drawing a large imaginary circle upon the wall, the center of which is the object straight in front, the periphery the extreme limits of previous exercises. Now rotate the eyes around this circle. These gymnastics must be done slowly and not cover over ten minutes. It is questionable if they are very helpful. The eyeball itself is furnished with a little muscle called the ciliary, which controls the crystalline lens. This muscle is an involuntary one. As we reach middle life we become aware of some discomfort to adjust our sight to near objects. We can no longer read fine print or thread a needle and thrust these beyond our usual range of vision to see them more clearly. This condition is known as presbyopia or "old sight" and its onset and progress can be deferred some years by strengthening the ciliary muscle. Rhythmic exercises have been devised by

means of lenses that greatly contract and relax this muscle. They are worn ten minutes once or twice a day. Only a reputable eye specialist, however, is qualified to advise them.

Now massage of the eyeball and lids, by increasing their circulation, will greatly improve them, and if regularly done may indeed effect as much good as the lenses referred to. This is done by gently rubbing the lids first one and then the other over the eyeball; rapid rotary movements with the finger tips are next made over the upper lid, the lower lid being pushed firmly against the eyeball to steady it. Then like movements are made over the lower lid, the upper one being held firmly against the eyeball above. Instead of rotary movements, now practice backward strokes from the centre. Massage over the brows and temples finish this method of treatment. Any device for increasing sight is to be condemned, for sight is not confined in the eyeball. The act of vision is performed in the brain.

### Answers to Queries.

Q: There is no one cause for dark circles under the eyes. Excessive eye

strain is the most frequent cause. Liver torpidity runs it a close second. You probably are suffering from both conditions. Give up your reading for a while. Play out of doors most of the time. Swimming and rowing will stimulate your liver. Eat coarse bread and cut white flour out of your diet entirely. Eat plenty of greens, fruits, and drink a quart of pure water daily. Take a cold shower and brisk rub-down every morning.

Mrs. W. H.: You have failing of the arches. Some supporters do more harm than good. In fact, many physicians are opposed to the use of these and similar appliances for the relief of foot troubles. Weak feet need strengthening through massage, proper exercises, correct footwear and the like. Cushioned shoes may be of service to you. If you will write again, enclosing stamped envelope, I will try to help you further.  
(Copyright, 1914.)

### MARRIAGE LICENSES.

**WHITE.**  
Francis G. Tompkins, 21, and Lucy R. Siddons, 21, both of Franconia, Va. Rev. L. M. Chambers.  
Andrew J. Walker, 27, and Myrtle L. Schofield, 27, Rev. E. A. Seasmith.  
James Carlo Price, 24, and Pearl M. Harper, 24, Rev. L. M. Chambers.  
Charles F. Holden, 22, of Washington, and Myrtle L. Barbour, 22, of Rossmore, Va. Rev. E. H. Swann.  
Thomas Moore, 21, and Katharine Pearl Deane, 21, Rev. J. T. Huddle.  
Adam M. Edgar, 25, of Washington, and Mabel Knowles, 27, of Boston, Mass. Rev. J. H. Dunham.  
William Robert Perkins, 40, and Ethel Mae Fawcett, 24, Rev. A. T. Perkins.  
Robert E. Twinn, 21, of Washington, and Sophie Mary Kua, 21, Rev. W. A. Cahill.  
**COLORADO.**  
Edward Brown, 24, and Isabelle Thomas, 21, both of Baltimore, Md. Rev. W. Weckray.  
Wiley Yates, 24, and Lucy Miller, 24, Rev. J. E. Green.  
Charles Pinkner, 24, and Julia Johnson, 24, Rev. F. A. Bischoff.

### "Joy Riders" Get Auto.

Robert E. Heeter, 1217 Dogwood street northwest, complained to the police yesterday that his automobile had been stolen Thursday night near midnight from Champlain and Euclid streets northwest. The car was found later. It had been used by joy riders.

### HOUSE TO QUIZ LANNING.

Will Ask What Is Being Done for Impaired Americans.  
The Bennett resolution calling upon the Secretary of State to advise what steps have been taken to obtain the release of

Samuel Schwartz, "alleged to be unjustly deprived of his liberty by or under the authorization of the government of Great Britain," was adopted by the House late yesterday.

When Mr. Bennett demanded action in the Schwartz case several weeks ago he alleged that Schwartz was arrested, in

London as an "alien enemy" because of his Austrian birth and sentenced to six months' imprisonment.

Near Glasgow a suburb has been established composed of bungalows in which all the bathing, cooking, lighting and cleaning is done by electricity.

STEAMSHIPS. STEAMSHIPS. STEAMSHIPS.

# 12 DAY ALL EXPENSE \$60.00 UP

## NORTHERN CRUISE



The Great North American Cruise

The Finest Cruise on the Atlantic Coast, \$60 up! Including all essential expense, visiting HALIFAX, NOVA SCOTIA, the truly European capital of this Province, and ST. JOHN'S, NEWFOUNDLAND, the unique and busy farthest north city on the Atlantic Seaboard. The splendid steamships, "Stephano" and "Florizel," of the

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are especially built for the accommodation of tourists, having ample deck room, comfortable cabins and lounge, and exceptionally pleasant dining saloon, in which is served the music of an orchestra, meals of unusual excellence. The boats are new and able, with every modern device for safety, including full boat equipment for passengers and crew. No cruise on the Atlantic Seaboard gives such novelty and grandeur of scenery and is so health-giving and altogether delightful. Send now for handsome folder 167 giving full particulars of this cruise.

**BOWRING & CO., 17 Battery Place, N. Y.**  
Reduced rates for superior accommodation during September and October.

## DELIGHTFUL POTOMAC RIVER TRIPS

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36 HOURS ON THE  
Beautiful Potomac

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MOONLIGHT

**Steamer Gratitude**  
DAILY TO  
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## Colonial Beach

Essentially the Summer Playground  
Of the Residents of Washington

Average Summer Population, 15,000

Famous for Its Bathing, Crabbing, Fishing, Boating and Boardwalk Amusements  
ARTESIAN WATER SANITARY SURROUNDINGS

The D. C. N. G. camped at Colonial Beach last summer and not a case of sickness developed.

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Do Not Interfere With Summer Pleasures

Ample hotel and boarding house accommodations to suit any purse.

Spend Your Vacation, a Day, a Week or Month at The Atlantic City of Washington

## Steamer ST. JOHNS

**Schedule**  
Leave Washington, 7th Street Wharf, Daily, except Mondays and Saturdays, at 9 A. M. Saturdays, 2:30 P. M.

The Largest and Most Up-to-Date Excursion Steamer on the Potomac

**Rate of Fare:**  
Adults, 50c Children, 25c  
Returning Same Day—Not Sold on Saturdays.  
Adults, \$1 Children, 50c  
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**Steamer Majestic**  
A new, high-grade steamer, good meals, elegant rooms, spacious decks. Nomini-Lower Machodoc route.  
Spend 36 hours on the cool Potomac.  
Get Acquainted with the Beauties of the River and Its Tributaries.  
A Restful Healthful Outing  
Steamer leaves 8th street wharf Saturday 4 p. m. Returns Monday a. m.; Monday 4 p. m. Returns Wednesday a. m.; Wednesday 4 p. m. Returns Friday a. m. Reserve room for the round trip.

For Reservations and Other Information Write or Phone

**Potomac and Chesapeake Steamboat Company**

8th Street Wharf S. W.

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**Steamer Gratitude**  
Day Trips Along the Upper River Route to Mattawoman Creek and Winthrop  
A PLEASANT OUTING FOR ALL But Particularly for the Women and Children.  
A 50-Mile Ride Amid Water-Cooled Breezes.  
Steamer leaves Eighth street wharf Daily except Sunday, 9 a. m.; Sundays, 8 a. m.; Home Again About 6 p. m.  
Fare: Round Trip, 40c.